# Life is a Damn Diet After Another by Lisa Beverley

Article published on November 26th 2011 | Fitness

A common expression is that we're "dieting." The phrase suggests that, like a vacation, there is a beginning and an end. We envision the day when we will reach our goal weight and how wonderful it is when you do not have to lead a life of painful deprivation.

In the back of our minds, not a little comforting set of tapes, which promises us that when our campaign is weight loss, we will be able to stop counting calories, carbohydrates or fats. We long for the day you no longer have to grit your teeth, we deny a favorite dish that always makes your mouth water in the dream. We arrived at the carrot and celery without anticipation and excitement as we torture with the visions of the special gifts you will enjoy when the diet is over.

Uh, hello?

We would think of a diet as an outline, time-limited within our total life expectancy is a sure avenue back to the tent (which refers to what we wear, not where we live). To have any hope of achieving permanent weight control, must be seen as an effort of life, watching our consumption days after day, week after week, year after year.

You feel your heart sinks in the chest. You think, "If I have to live like this all the time, it is not worth it!" That little voice promises that you are different. You can relax because now you know how to lose weight, you can do it anytime you want. Increase of five pounds and return to your diet and be back to goal in no time at all.

But you will not! Think about your weight history paintings. We all believe that once our weight has been reduced, it will be as easy to follow a diet short, if we win back a few pounds. Does not work that way, however, is not it? We started gaining a pound for pound here and there, but there are some special events ahead and a diet would be so uncomfortable. No going back "on" the diet until we have gained enough weight to develop self-loathing that guarantees a new period of severe deprivation. We've become a full member of the yo-yo club, that the vast majority of dieters who can not keep the weight off for more than a few weeks.

The reasons are "in" and allowances "off" are numerous: they are boring, depressing, and very uncomfortable. That distinguish us from friends, family and colleagues following the meal, the feast and celebration. We resent how diets make us feel and how they affect our daily lives.

Let's look at the whole picture from a different perspective than a minute.

Instead of "diet" to imagine a way of eating that involves living on a diet for the rest of his life. While the prospect may scare, do not say you can not do at the moment.

First, consider another concept widely held that many of us accept. To lose substantial weight in a relatively short time we have to select the diet that we feel in shape and then stay with it religiously, until we have achieved our goal.

Now let's take these two concepts, crush together, and then turn around.

We are not "dieting." We are starting our diet for life. Then choose a diet, a diet at all, and make the commitment to continue with this diet for a week, and just one week. At the end of the week, we choose a totally different diet which again only commit for a period of one week. This continues for

almost the rest of our lives with selected diets changed once a week.

Article Source:
http://www.articleside.com/fitness-articles/life-is-a-damn-diet-after-another.htm - Article Side

Lisa Beverley - About Author:
Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss including remedies, a health and fitness and a nutrition, slimming, weight loss products, bodybuilding supplements and diet tips.

Article Keywords:
Weight Loss, Health and Fitness, Nutrition

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!